

# Criteria Required to Became an Association/Federation Judge for Bodybuilders Competition

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Candidate Designation

**Abstract – The purpose of the study is to set a criterion for candidates who want to become judges for bodybuilder's competition. In bodybuilder's competition, the judging panel selects bodybuilders on their definition, massiveness and symmetry to rank them. But my question is what are the criteria's to become District, State or National judge. It is observed that, in District, State and National competitions, bodybuilders are eliminating or rewarding on the judgment of judges panel. But a question arises on whether the judgments given by judge's panel are wise, impartial and trust worthy. According to me, I do think so. I have been noticing that, people who arrange for sponsorships or sponsor the competition are encouraged to become judge for bodybuilding competitions. Even the people who are just participants of District Level Bodybuilders Competition are used for administrative work during the competition, and are later at a period of couple of years, promoted as judges of District, State and for Nationals as well. My concept is to set criteria for selecting judges for District, State and National Level Bodybuilders Association/Federation. I have surveyed the competitions at different levels and noticed that the judge's decision at the competitions are not been challenged by any frustrated bodybuilder. He rather takes it as fact or with sport spirit. There is no any rule or any permit at present to challenge the decision of judge's panel. But at present my concept is to set criteria for judges and according to me, there should be an examination procedure every year for judges by their District Association of respective Districts and the results must be monitored and sorted by a governing body of State Level Body builders Association and later the result and consolidated sorted result sheet should be sent to the National Level Body builders Association and the results should be declared in the next National Level Competitions. If this protocol is followed in selecting the judges, the decision given in bodybuilders competitions will fare and impartial.**

**Key words: Judge, Bodybuilders, Association/Federation, rules, examinations, protocol**

## INTRODUCTION

Bodybuilding purely depends upon muscular endurance. Muscular endurance can be defined as "the ability of muscle to do the activity for longer time without getting fatigued". The muscles are developed by using the aid of weight lifting. Since 11th century, there were stone dumbbell weights known as Nals that were lifted by those wanting to develop their bodies to enhance health and stamina to help overcome the challenges of daily life.

Followers of the iron game will know that bodybuilding in its popular form began earnestly in the 1890s with the arrival of Mr Eugene Sandow, on whom the Mr. Olympia statuette is modeled on. Eugen Sandow, who is now, generally referred to as "The Father of Modern Bodybuilding". He is credited as being a pioneer of the sport because he allowed the audience to enjoy viewing his physic in "muscle display performances". Later Ben and Joe Weider formed the International

Federation of BodyBuilders (IFBB) - which organized their competition IFBB Mr. America. In 1950, another organization, the National Amateur Bodybuilders Association (NABBA) started their NABBA Mr. Universe contest of weightlifting in the UK. Another major contest, Mr. Olympia was first held in 1965 - and this is currently the most prestigious title in bodybuilding. In the 1970s, bodybuilding had major publicity, thanks to Arnold Schwarzenegger and his film Pumping Iron released in the year 1977. Legendary bodybuilder Arnold Schwarzenegger played an active role in bodybuilding's development throughout the 90s and beyond.

## HISTORY OF BELAGAVI BODY BUILDING:

Since 1955 Bodybuilders of Belagavi district are participating in various National Level Bodybuilding Competitions. Nowadays, Bodybuilding sports is very popular in Belagavi . Mr. Katti was the first person who started taking bodybuilding competitions which

were restricted only to gym. But these days any individual who has mastered the developments of his physic can participate in bodybuilding competition. As per the knowledge of the seniors- most bodybuilder, Mr. L.R.Patil, the history of bodybuilding began from Samarth Gymnasium, the oldest gym of Belagavi. In 1998, B.D.B.B.A (Belgaum District Bodybuilding Association) was established under the noble guidance of Mr. Sunil Aptekar (National Judge), Prakash Pujari (National Judge), who was the founder members of the association. Mr Ajit Siddnavar, Bandu Majurkar, L R Patil are also the association members. This association is responsible to conduct Mr. Belgaum, District Level Competition and qualify Belagavi team to State and National competitions.

This competition is very famous because of the bodybuilders like Premchand Degara (Mr. Universe), Prasad Kumar (9 times Mr India), Sunil Aptekar (Mr Asia) etc, who used to come from outside as a guest poser and seeing their Hercules physique and ability of displaying muscles, Belagavi people used to get amazed and their curiosity and love for bodybuilding started increasing. Because of such bodybuilders and craze for bodybuilding, this sports is very popular in Belagavi.

### METHODOLOGY

The purpose of study is to set examination for the candidates who are interested to become Association/Federation judge for bodybuilders' competition. In every games there are qualifying examinations conducted by their respective Association/Federation to select Referees' or Umpire's. But in bodybuilding, only one exam is given by the candidate and he gets the opportunity to be judge till the time he is interested. Rather, most of the time, judges are selected directly by their District or State Association/Federation members. Such favored judges are not knowledgeable or resourceful to give fair decisions during the competition. To overcome such favorable business, every year examination should be conducted for the existing judges for District level by their District Association or for State judges by their State Level Association and for National Level Judges by the National Association/Federation. The results of the all examinations must be supervised by National Level Judges Committee which is only meant to analyze the result sheet, conduct seminar, conferences, workshop provide guideline to educate bodybuilders about the hi-tech equipments, healthy supplements, side effects of anabolic steroid and also to build wise judges for the up-coming bodybuilding generation. The aid for examination can be used like: 1) Videos 2) Photograph 3) Questionnaire through which the candidate's capability of judging can be analyzed and the results to be declared on ranking base in the National Level Competitions. If this protocol is implemented, the present judges which are unwanted will get eliminated and their places will be replaced by wise and impartial judges which will be benefit for the future of bodybuilders in our country.

### DISCUSSION:

It is clear through the discussion that all these examinations will bring about a healthy evolution in the field of body building but the chances of revolts is highly expected. Most of the association/federation members may not like the idea of giving the examination every year. There is every possibility that the existing judges may try their best and not allow this protocol to implement because of their inefficiency.

But on the positive side, this concept will be a boon for the upcoming bodybuilders as they will obtain a healthy and impartial atmosphere in the competition. It will also be ensured that the bodybuilders will trust the decisions of judges and respect them.

### MERITS:

- 1) Younger bodybuilders will be encouraged because of healthy atmosphere in competition.
- 2) Bodybuilders will trust the decisions of judges and respect them. If the judges are educated and knowledgeable.
- 3) Because of examination everyone will be bound to update their knowledge as the exam will be held every year.
- 4) Conference, seminar and workshop will be also held frequently in all Districts and not only in Metropolitan cities.
- 5) Extra weightage will be given to the judges who will be attending or presenting papers in seminar and conferences. Because of which the sharing of knowledge, right guidance will be promoted in most of the developing area of bodybuilding.
- 6) People, who don't have any idea of bodybuilding and are just sponsoring the competition, will be filtered from the judge's panel.

### DEMERIT:

- 1) It is certain that most of the association/federation members may not like the idea of giving the examination every year.
- 2) Most of the existing judges may not allow this protocol to implement because of their inefficiency.

### CONCLUSIONS

The findings of the study indicated that if the pattern of examination is implemented the candidates clearing the criteria will be fair with their decisions

during the competitions. Even if they are cross verified for their decision, they will be capable to explain. Such examination will improve the quality of judges and their capability as well and also their knowledge about bodybuilding. The unwanted or illiterate will not pass the examination and there won't be any unfair decisions during the competition.

#### **ACKNOWLEDGEMENT:**

I acknowledge Augustine Gnanaraj for providing valuable inputs and motivating me to take up this study for my research and proprietors of Ayur, Corporation, Rudra, Morya, and Shivam gym for their feedback required for this paper presentation.

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